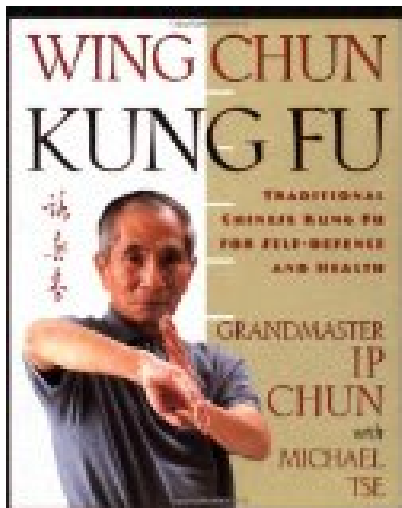


# Wing Chun Kung Fu Traditional Chinese Kung Fu for Self-Defense and Health

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## BOOK DETAILS

- Author : Ip Chun
- Pages : 144 Pages
- Publisher : St. Martins Griffin
- Language : English
- ISBN : 0749916761



## BOOK SYNOPSIS

Discusses the history and philosophy of Wing Chun, a Chinese form of kung fu, and offers principles, techniques, and practical applications for self-defense

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